

An Introduction

Module 2: Step Back, Step Up, and Step Out

Step Up and Step Back

Step back a moment to picture how **Step Up and Step Out** can work in your community. Creating changes in current eating and activity trends might seem overwhelming until you realize you can take small steps to create change. **Step Up and Step Out** incorporates a view from another time to help you do that.

"In general, I am not impressed by grand solutions. If people start, in a small way, on their own front step, they come to realize that big problems have small solutions."

Maggie Kuhn

How does it work? First...a step back in time

To help you with this question, stop for a minute, and step back in time to the 1950's. Picture a neighborhood, and try to remember the look of the homes. Or, if you weren't around in the 1950's, the next time you are out for a walk, a jog, or just on a drive, take a close look at an older neighborhood and see what most of these houses have in common.

Did you guess right? It's the grand old front porch! Porches have their own style and character. Porches have a way of being all-inclusive, offering something for everyone.

The older adult can sit there for hours, reminiscing about the "good ole days," while the middle-aged adult might find this a comfortable place to sit and discuss their troubles.

The younger adult is drawn to the porch as a place to plan and dream of the future. For the child, the front porch offers a world of activity and play opportunities.



Porches are versatile, and change with the seasons, and the needs of the people they serve. They are fun to decorate for the holidays, creating a new world with each face lift, all dressed up with carved pumpkins at Halloween, glittering lights at Christmas, and beautiful flowers in the Spring.



The porch also does its share of the work by holding stacks of cut wood for the winter, offering a place to sit and snap fresh beans or peas from the garden, and don't forget the porch swing, ready for hours of friendly conversation!

If you take time to look at the front porch, you'll notice that while each is unique, there is a common thread. The front porch is open, spacious, connected with the front yard, inviting others to join in the work or play going on there.

The potential for so much fun! Touch football games in the Fall leaves, building the BIGGEST snowman on earth, sipping fresh squeezed lemonade with the neighbors while the kids play tag in the yard, and planting rows and rows of flowers.

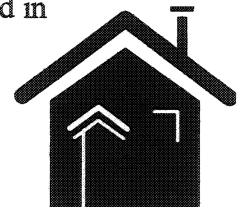


These are only a few fond memories of the types of activities that the front porch invited in its day!

Step forward to the present

Now step forward into today's world. Walk through a new neighborhood in your community. Do you see differences?

Grand old front porches are probably few and far between. What you are more likely to observe today is the backyard deck, complete with privacy fence.



This change in the structure of our homes reflects the changes we see in our communities and in our lifestyles. The deck offers privacy, seclusion, reflecting the desire to be left alone, to rest, to slow down from a hectic pace. The backyard deck and fence do not suggest interaction, activity, and a gathering of the neighborhood for work or play.

Step Up and Step Out and "The Front Porch"

Just like each old front porch, **Step Up and Step Out** is unique and develops its own style. Your initiative will grow to meet the needs of the group it serves just like that of the front porch. The porch serves a different purpose for each person in the family, as does **Step Up and Step Out** by offering different opportunities for various population groups in the community. The front porch is an effective means of bringing people together, for work and play, and **Step Up and Step Out** offers the same potential for your community.



Step Up and Step Out Now!

We've asked you to step back and reminisce, to step up and view the world as it is today, and now we ask you to step out in your community and make a difference!

Step Up and Step Out...an Initiative to be enjoyed!

The writers hope you find this guidebook a helpful tool in **Stepping Up and Stepping Out** in your community. It is our wish that you will enjoy and have fun with your initiative. We hope the graphics help to bring the same kind of "whimsy" in your reading that is possible in the plans you develop.

People can make a difference, not only in the communities that have helped develop these tools, but also in your community, and in all communities that choose to increase opportunities for healthy eating and physical activity choices.



**Stepping Up and Stepping Out
With Fun!**

